



RSVP News



RSVP – Responding to a Call to Serve
Montgomery County Volunteer Center

Spring 2007

FROM THE PROJECT DIRECTOR

Dear RSVP Volunteer:

*As you all know, your volunteer hours are reported to our office on a regular basis, but have you ever wondered exactly what we do with them? Well, we report those hours to the **Corporation for National and Community Service/ Senior Service Corps** who are the folks who partially fund the RSVP Program in Montgomery County. The tally for last year is complete and I am proud to tell you that we ended the 2006 year with a total of **704 RSVP volunteers and 89,237 volunteer hours served!** According to **Independent Sector**, the estimated dollar value of volunteer time is \$18.04/hr. According to my calculations, RSVP volunteers have provided to the Montgomery County community **\$1,609,835.40** worth of service in 2006. What a remarkable accomplishment! You should be proud of all that you so freely give to the community. I certainly am proud to work with such a group of caring and generous volunteers.*

*April hosts **National Volunteer Week** (April 15-21), and what better time to thank you all for the incredible impact you make in our community. Because of your generous contribution of time and talents, elderly and disabled residents are receiving the tax refunds to which they are entitled; knitted goods go to needy newborns and wounded soldiers; children are receiving extra help in reading and writing to succeed in school; non-profit and public agencies are receiving professional consultant services free of charge; and residents from other countries are learning to speak English. These are only a few of the ways in which RSVP volunteers are making a difference. What role models you are for us all!*

Sincerely,

Ann

*Ann B. Evans
RSVP Project Director*

SENIOR LEADERSHIP MONTGOMERY

Senior Leadership Montgomery is for people **55 and older** who are retired, semi-retired or about to retire, ready to share their wisdom and talent with like-minded individuals who want to get involved, learn about resources, feel useful and give back to the community. *Senior Leadership Montgomery* is a dynamic learning experience highlighted by community action projects. During the sessions participants learn first-hand about issues and needs of the community and meet inspiring community leaders. Sessions include community sampler tours.

Approximately 20-25 participants are selected for each class based on applications received. Class will begin September 11, 2007. The application deadline for the Class of 2007-2008 is Monday, May 7, 2007.

For more information and an application:

www.leadershipmontgomerymd.org/programs/senior.asp

Or contact Esther Newman at 301-881-3333. email: esther.newman@leadermont.org

OASIS HAS A NEW HOME!

OASIS is a national non-profit educational organization free and open to anyone 50 and older designed to enhance the quality of life for mature adults through programs in the arts, wellness, technology and volunteer service.



OASIS/ Montgomery, combining the centers from Chevy Chase and Lake Forest, has moved to

Macy's Home Store at Westfield/Montgomery Mall, 7125 Democracy Boulevard, Bethesda, MD. In April, they will begin an exciting new semester with a broad range of classes of all types. *OASIS* also sponsors tutoring in a number of Montgomery County schools.

For information about classes or tutoring, call Macy's Home Store, **301-469-6800, ext. 211** to reach the *OASIS* office (10:00 am – 3:00 pm, Monday to Friday).

FAMILY VOLUNTEER WEEKEND

Mark your calendars for Family Volunteer Weekend coming up on Saturday and Sunday, April 21st and 22nd. As Earth Day is April 22nd, a host of environmental projects are planned for the weekend. Join your children, grandchildren, friends and/or neighbors to clear a trail, plant trees in a park, or clean up a streambed. For more information on projects county-wide, visit the Volunteer Center website at www.montgomerycountymd.gov/volunteer or call our office at 240-777-2600.

YEARNING FOR LIFELONG LEARNING?

The University of Maryland, College Park's *Osher Lifelong Learning Center* comes to Montgomery County! Courses offered include: Historic Preservation: the Underground Railroad in Montgomery County; Applied Creativity; and An Introduction to Nonprofits in Montgomery County. Applications are now being accepted for the classes at the Universities at Shady Grove in Rockville. Classes typically meet 2-3 hours per week, for 6-8 weeks.

For more information and applications, contact Della Stolsworth, 301-405-2529, dellas@umd.edu or Laura Wilson 301-405-2470, lwilson@umd.edu

50+ EMPLOYMENT EXPO

**Tuesday, April 24, 2007
10:00 am – 3:00 pm**

Marriott Bethesda North Hotel
and Conference Center
5701 Marinelli Road, Rockville, MD

10:00 am Key Note Speaker: Arch Campbell

"Bring 20 copies of your resume
and be ready to interview"

For more information, please contact:
Micki Gordon at 301-255-4231 or
mgordon@jcagw.org

Free Admission & Parking!
By Metro, Red Line to White Flint

From the RSVP Coordinator

In the Fall 2006 issue, I quoted a quotable quote from Ben & Jerry (of ice cream fame): "No one can do everything; but everyone can do something."

Well, that got reader Lenwood Brown thinking ... He submitted a great quote from his neighbor, RSVPer Homa Mahvi, who has been a volunteer for the past 14 years with Rockville Senior Center's Helping Hands Knitters & Crocheters.

"In my opinion, everyone (Seniors) should be a volunteer to avoid sitting at home and dwelling on problems. I really enjoy ... and take great pride in ... my work as a volunteer!"

Homa and fellow RSVPer Frances Loveless were honored by the City of Rockville with *Good Neighbor Awards* in September 2006.

Thanks to Lenwood for his QQQ idea! Would you, dear readers, please send me your favorite quarterly quotable quotes? Happy spring to you!

Kathleen

Kathleen Meaney Stobie
RSVP Coordinator

RSVP News is published quarterly. If you have news to share or ideas for articles, contact me!

*To conserve paper resources, we need your assistance. If you are receiving this issue by US Mail and have an email address, please email me and we will email future issues of **RSVP News** to you as a link, not an attachment.*

Special thanks to RSVPer Pat Klinger for her help with this issue!

*Kathleen Meaney Stobie
phone: 240-777-2611
fax: 240-777-2601
email:
kathleen.stobie@montgomerycountymd.gov*

National Library Week starts April 15, 2007.

First, Hug a Librarian ... then Support MCPL!

For great deals on books, "check out" the next special *Friends of the Library*

Book Sale on Friday, April 20th & Saturday, April 21st

Call 240-777-0688 (Wheaton) or 240-777-0688 (Rockville) for details on hours.





The 2007 theme of **National Volunteer Week** is "*Inspire by Example*" because it truly reflects the power volunteers have to inspire the people they help, as well as to inspire others to serve!

Thank you for being such an inspiration. Check out the "help wanteds" below. Perhaps tell a friend, relative or neighbor who might also want to inspire by example.

SPRING ABOUNDS WITH NEW VOLUNTEER OPPORTUNITIES!

Senior Connection

Senior Connection helps adults ages 62 and up maintain their independence, primarily by providing them transportation services. They always need volunteers, specifically:

Drivers to take seniors to medical appointments, do grocery shopping, or run errands. Volunteers drive for one person at a time; most trips about 2 hours. *Very flexible!*

Friendly Visitors visit an older person in his/her home one day a week for 2 hours; volunteers are assigned to one person only.

Contact: Wanda Campbell at 301-962-0820 or email: seniorconnectionmc@gmail.com website: www.seniorconnectionmc.org

Wings of Fancy



Brookside Gardens seeks volunteer Docents, Tour Guides, House Gardeners and Ticket Takers for the *Wings of Fancy* Butterfly Exhibit, which runs from May 5th through September 16, 2007.

Training is provided. To register for training or to request a volunteer application, please call Volunteer Coordinator Ellen Hartranft at 301-962-1429 or email: ellen.hartranft@mncppc-mc.org website: www.brooksidegardens.org

Bone Builders

Bone Builders is a *free* osteoporosis exercise class offered twice a week. The program is going strong at the East County Community Center in Silver Spring. However, we need more volunteer leaders for the Tuesday/Friday class from 11:00 am – noon. We also have needs at the Germantown and Takoma Park locations. Complete training is provided and leaders team teach. For more information, please contact Kathleen Meaney Stobie at 240-777-2611.

Long Term Care Ombudsman Training

Montgomery County's Long Term Care Ombudsman program is seeking volunteers to work as long term care advocates, making regular visits to residents in nursing homes at convenient locations throughout Montgomery County. This program allows *flexible daytime hours* and autonomy in developing problem-solving strategies.

Training and technical assistance are provided by experienced professionals. The intensive training program for volunteer candidates is a comprehensive orientation to the aging process, nursing home systems, applicable laws and advocacy skills.

The session begins the week of June 18th from 9:00 am – 3:00 pm daily at Holiday Park Senior Center in Wheaton. Class size is limited; pre-registration is required. Please contact Eileen Bennett at 240-777-1067 or Eileen.Bennett@montgomerycountymd.gov

Language Lab Assistant

The Literacy Council of Montgomery County seeks volunteers to work at least three hours per week during LCMC office hours (Monday and Wednesday, 10:00 am – 8:00 pm; Tuesday, Thursday and Friday, 10:00 am – 5:00 pm) as Lab Assistants in our Language Lab, which offers computer-based English language instruction, using *Rosetta Stone* software, to the LCMC's adult learners. Knowledge of a foreign language is *not* necessary.

For more information or to volunteer, contact: Pam Saussy, Executive Director, psaussy@literacycouncilmcmd.org

Kim Brown, Deputy Director
kim@literacycouncilmcmd.org
Or call 301-610-0030 Monday to Friday 9:30 am to 4:00 pm.



Montgomery County Volunteer Center
Retired and Senior Volunteer Program (RSVP)
401 Hungerford Drive, 1st Floor
Rockville, Maryland 20850

RSVP News is now on the Montgomery County website!

<http://www.montgomerycountymd.gov/mcgtmpl.asp?url=/Content/Volunteer/RSVP.asp>

DEHYDRATION & REHYDRATION

DEAR JIM: I recently had a nasty "bug" (diarrhea and vomiting) for several days. Two weeks later, I am still very weak. I started exercising again – mostly just walking – but I'm experiencing cramps in my legs, dry mouth, and a constant headache with occasional lightheadedness. I'm 71 and have always been in good health. Should I stop exercising?

DEAR READER: You are probably experiencing mild dehydration, and I would recommend that you curtail any vigorous physical activity until you are fully rehydrated. Dehydration is the excessive loss of body fluids and important electrolytes, and diarrhea is a major cause.

Sixty to seventy percent of your body weight is water, so it is essential for life. Most people cannot survive without water for 4-5 days, and we constantly lose water through respiration, urination, and perspiration, so it must be replaced to maintain the proper balance. Dehydration in older adults can become life threatening in as little as 24-48 hours.

In most cases if you are feeling thirsty, you are already experiencing the onset of dehydration. The easiest way for most people to verify it is by the color of your urine; if it is dark yellow – instead of the normal clear or pale yellow – your body needs fluids. While gradually increasing your water consumption will usually rehydrate you, sometimes fluid replacement may require the addition of electrolytes– particularly sodium. Check with your physician to be sure that you haven't depleted your electrolyte levels to a dangerous level.

The USDA recommends 9-13 cups of water daily to maintain adequate hydration. It will be easier – and your hydration will be more quickly restored – if the water is room temperature because you can drink more of it at one time than cold water. Much of your daily water requirement can be satisfied by certain foods – particularly fruits and leafy vegetables – so you don't have to just drink your way to proper hydration. When you have recovered and resume walking, take a bottle of water along with you.

Jim Evans is a 40-year veteran of the health and fitness industry and a nationally recognized consultant on senior fitness.